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REFRIGERATED		Pork:		
C S	Cheese slices, American Cream cheese Sour cream		Bacon Bacon, Canadian Ham, baked Pork, chop, baked Pork, sausage, patties Pork, sweet and sour w/rice	
<u>Fruits</u>	anla.	Seafood:		
G K O	Apple Grapefruit Ciwi Orange Plum	Searo	Fish, baked Fish, grilled(lemon butter & Italian herb) Fish, sautéed Lobster, broiled tails Scallops, baked	
FROZE	N		Seafood, gumbo w/rice	
Entrees			Shrimp, cocktail Shrimp, broiled Tuna, noodle casserole	
Beef:			·	
B B B B B B Lu M	Beef, brisket, barbecued Beef, enchilada w/ Spanish rice Beef, fajita Beef, patty Beef, sirloin tips w/mushroom Beef, steak, Bourbon Beef, steak, teriyaki Beef, stir fried Beef, stroganoff w/noodle uncheon meat (ham, roast beef, turkey) Meatloaf	Eggs:	Egg, omelet, cheese Egg, omelet, vegetable Egg, omelet, ham Egg, omelet, sausage Egg, omelet, vegetable and ham Egg, omelet, vegetable and sausage Eggs, scrambled w/bacon and hash browns Eggs, scrambled w/sausage and hash browns Quiche, vegetable Quiche, Lorraine	
La	amb, broiled	Pasta	mixtures:	
C C C C C	Chicken, baked Chicken, enchilada w/ Spanish rice Chicken, fajita Chicken, grilled Chicken, oven fried Chicken, pot pie Chicken, stir fried Chicken, teriyaki Duck, roasted	. dotu	Cheese, manicotti w/tomato sauce Lasagna, meat Lasagna, vegetable w/ cream sauce Lasagna, vegetable w/ tomato sauce Noodles, stir fry Spaghetti w/meat sauce Spaghetti w/ tomato sauce Tortellini w/tomato sauce, cheese Pasta w/ sauce - Orzon (wild rice) & veg. w/ sauce Mafalda & veg. w/ sauce	

Turkey, breast, roasted, sliced

Mafalda & veg. w/ sauce

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Other:

Egg rolls - chicken and vegetable Pasta:

Enchilada, cheese w/ Spanish rice Fettucine Alfredo Pizza, cheese Macaroni and cheese

Pizza, meat Spaghetti

Pizza, vegetable Noodles, egg & Chinese

Pizza, supreme Pasta Accents/Pasta Secrets (variety)

Fruit Rice:

> Apples, escalloped Fried

Berry Medley (blueberries, strawberries, Mexican/Spanish

raspberries, etc.) White

Fruit Medley (peaches, grapes, honeydew, Brown pineapple, cantaloupe) Red beans & rice

Tropical Medley (mango, papaya, etc.)

Strawberries, sliced Starchy vegetables

Corn, whole kernel Soups Beef, stew Potato, baked

Broccoli, cream of Potatoes, escalloped or au gratin

Chicken, cream of Potatoes, oven fried Chicken, noodle Potatoes, mashed Mushroom, cream of Yams, candied

Won ton Succotash

Squash corn casserole

Gravy (cream, brown, poultry) Vegetables

Asparagus tips **Grains:** Bagel, plain Beans, green

Biscuits Beans, green w/mushrooms

Bread, wheat/white Broccoli

Cornbread Broccoli w/ cheese sauce Dinner roll Carrot coins

Garlic bread Cauliflower

Muffin, blueberry & bran Cauliflower w/ cheese sauce Sandwich bun, wheat/white Chinese vegetables, stir fry

Tortilla Mushrooms, oven fried Okra, oven fried

Peas Stuffing

Spinach Breakfast items: Squash, acorn Cinnamon roll Sugar snap peas

French toast Sugar snap peas & carrots Pancakes, buttermilk

Zucchini, spears, oven fried

Pancakes, apple cinnamon Waffles

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Applesauce

Guacamole <u>Cereals</u>

Cheese sauce Hot cereal:
Olive oil sauce Oatmeal

Cream of wheat

<u>Desserts</u> Grits

Cakes: THERMOSTABILIZED

Angel food cake Fruit
Brownie, chocolate

Lemon bars Fruit cocktail Shortcake/Poundcake Poaches

Yellow cake with chocolate frosting

Peaches
Pears

Pineapple Dairy:

lce cream, chocolate
lce cream, strawberry

Salads

Butterscotch bars

Pie, coconut cream

Ice cream, vanillaChicken saladSherbet, rainbowTuna salad

Sorbet Turkey salad

Yogurt, frozen (chocolate, strawberry,

vanilla) Vegetable: Bean salad, three

Pies/Pastry: Potato salad, German

Cheesecake, chocolate Sauerkraut

Cheesecake, plain
Cobbler, peach
Soups

Pie, apple Soups

Pie, pecan Clam chowder, Manhattan

Chili

Pie, pumpkin Clam chowder, New England

Beverages Hot and sour Miso, Japanese

Apple juice Vegetable

Grape juice <u>Desserts</u>
Grapefruit juice

Lemonade Pudding, Butterscotch
Orange juice Pudding, Chocolate
Pudding, Lemon

Condiments Pudding, Lemon Pudding, Tapioca Pudding, Vanilla

Margarine
Grated cheese Yogurt, fruit

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Condiments

NATURAL FORM

Chile con queso Cocktail sauce Cranberry sauce Dill pickle chips or relish Dip, bean Dip, bean Dip, onion Dip, ranch Honey Horseradish sauce Jelly/jam, assorted Lemon juice Mustard, Stadium Mustard, hot Chinese Mustard, deli style and/or Dijon Peanut butter (chunky, creamy) Picante sauce (mild, hot) Sweet and sour sauce Syrup, maple Tobasco sauce Toranberry Cranberry Cranberry Cranberry apple Cranberry yarieties Pineapple prineapple Pineapple prineapple Pineapple prineapple Pineapple grapefruit Tomato V-8 Milk: Skim Low fat Chocolate (low fat or skim) Whole Animal crackers Raisin Prunes Raisin Animal crackers Carains Raisin Animal crackers Careal, cold (10) Chex mix Crackers, saltines & butter Carae, cold (10) Chex mix Crackers, saltines & butter Carae, cold (10) Chex mix Crackers, saltines & butter Baked chips, tortilla Carae, cold (10) Chex mix Crackers, saltines & butter Crackers Crackers Cereal, cold (10) Chex mix Crackers Careal, cold (10) Crackers Careal, cold (10) Crackers Careal, cold (10) Crackers Careal, cold (10)		Barbecue sauce Catsup	<u>Fruit</u>	Apples, dried		
Cocktail sauce Cranberry sauce Dill pickle chips or relish Dip, bean Dip, onion Dip, onion Dip, ranch Honey Horseradish sauce Jelly/jam, assorted Lemon juice Mustard, Stadium Mustard, hot Chinese Mustard, deli style and/or Dijon Peanut butter (chunky, creamy) Picante sauce (mild, not) Sweet and sour sauce Syrup, maple Tobasco sauce Tartar sauce Beverages Fruit juices: Cranberry apple Cranberry varieties Pineapple grapefruit Tomato V-8 Muts: Skim Low fat Chocolate (low fat or skim) Whole Almonds		Chile con queso		• •		
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Low fat Chocolate (low fat or skim) Whole Almonds	IVIIIIX.	Skim	Beef ie	Reef ierky		
Whole Almonds		Lowfat	, .	,		
Authorida		Chocolate (low fat or skim)	Nuts:			
Cashews		Whole		Almonds		
				Cashews		

Macadamia Peanuts

AS OF MARCH 1998

Candy:

Candy coated chocolates Candy coated peanuts Lifesavers Gum (sugarfree)

EVA Food

In-suit fruit bar

REHYDRATABLE

Beverages

Apple cider
Cherry drink
Cocoa
Coffee (assorted)
Gatorade, assorted
Grape drink
Grapefruit drink
Instant breakfast, Chocolate
Instant breakfast, Vanilla
Instant breakfast, Strawberry
Orange drink
Orange mango drink
Orange pineapple drink
Tea (assorted)
Tropical punch